(54) Title: PHYSICAL TRAINING APPARATUS
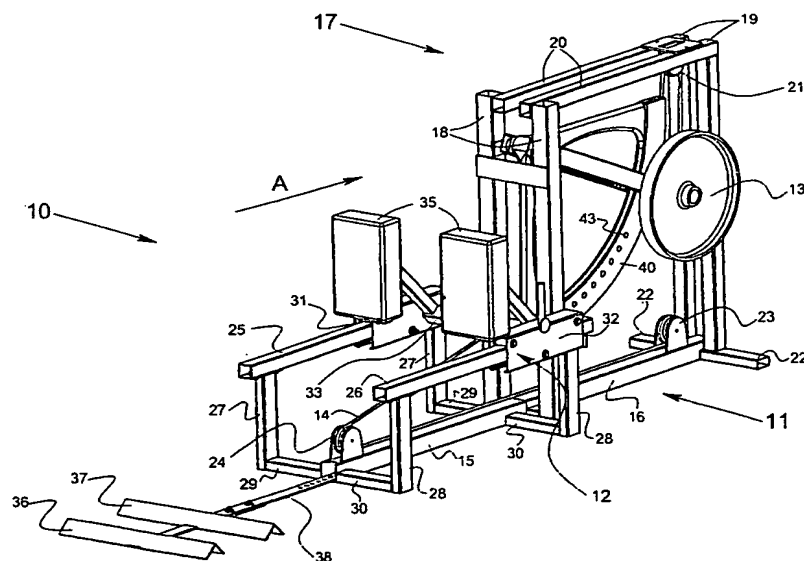
(57) Abstract: A physical training apparatus (10) has a main frame (11) having a front portion (15) and a back portion (16), an upright portion (17) spaced from the front portion (15) and moveable carriage (12) slidable with respect to the front portion (15) of the main frame (11). A cable (14) is connected by one of its ends to the carriage (12) and extends from the front portion (15) to the upright portion (17). A weight (13) is pivotally mounted on the upright portion (17) and is connected to the other end of the cable (14) and is positioned above the base of the main frame rearward of the front portion (17), so that a driving force on the carriage (12) causes the weight (14) to rise thereby providing resistance to the driving force on the carriage (12).